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February 18, 2016

Black History Month Celebration Slated for Feb. 25

By **BERNARD S. LITTLE**
WRNMMC Public
Affairs staff writer

A local celebration for African American/Black History Month begins at 11:15 a.m., Feb. 25 in Building 19's first floor piano area at Walter Reed National Military Medical Center (WRNMMC).

Danny Strong, a bodybuilder and fitness trainer, will be the guest speaker at the event. FREED, Female RE-Enactors of Distinction, will also perform.

About 10 years ago, Strong was in a tragic accident in which he lost his wife and unborn child. The couple's two-year-old daughter survived, but Strong had his right leg amputated below the knee, and a rod was placed inside his left leg. He also broke five ribs, lacerated his spleen and fractured his pelvis and sacrum.

After a lengthy recovery, Strong resumed his bodybuilding and fitness career.

Strong said he began bodybuilding as a teenager, training for football, and stuck with it. "God left me here on this earth for a reason, and I know he did that for me to be a motivation and an inspiration for people," he explained.

"When this accident happened, I never thought in my wildest dreams that I would ever do bodybuilding again in my life," Strong continued. "My desire to do anything was gone."

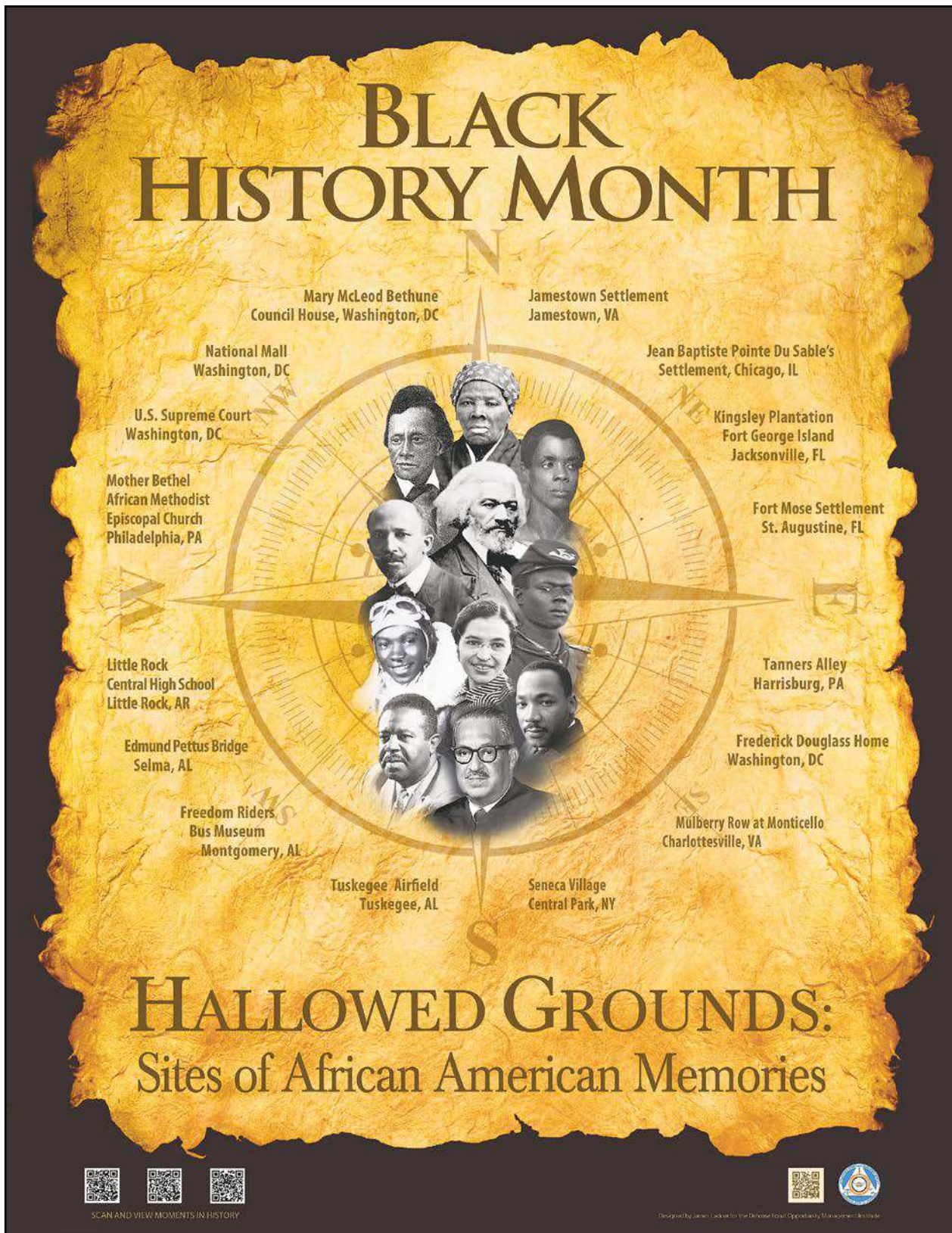
Motivation came from his desire to do things

for himself, such as drive himself to and from work at his gym. "If someone feels like their life is done, either through a sickness, injury or something else that may have happened to them, and they feel like they may not ever regain happiness in life, the desire to do anything, the passion is gone or their dream is gone. I'm here to tell you, dreams do come true. You don't have to give up on your dreams," Strong said.

Also scheduled to appear at WRNMMC's Black History Month observance, FREED is a group of ladies with the mission of educating the public about the accomplishments of the African American Civil War Soldiers and the women who supported their fight for freedom. FREED performs re-enactments and dramatic readings to share the stories of historic individuals. FREED is an auxiliary organization of the African American Civil War Memorial Museum in Washington, D.C.

The Multicultural Committee at WRNMMC is sponsoring the program for Black History Month, the theme of which this year is "Hallowed Grounds: Sites of African American Memories," celebrating sites of historic events.

In his presidential proclamation for this year's National African American History Month, President Barack Obama states, "From the Revolutionary War through the abolitionist movement,



to marches from Selma to Montgomery and across America today, African Americans have remained devoted to the proposition that all of us are created equal, even

when their own rights were denied. As we rejoice in the victories won by men and women who believed in the idea of a just and fair America, we remember that, through-

out history, our success has been driven by bold individuals who were willing to speak out and change the status quo."

For more information about the event at WRN-

MMC, contact Chief Hospital Corpsman Lashawanna Reese at 301-319-2624, or Hospital Corpsman 2nd Class Travis Silvey at 301-295-4263.

NMPDC Commander's Column



Moral compass. During the days of sail, Sailors would use two instruments to navigate the open seas: a compass and a sextant.

The compass is an instrument that provides direction to a specified destination while the sextant determines a Sailor's position and provides assurance to one's assigned course.

Although the days of sail are long gone in the modern Navy, Sailors and non-sailors alike, still need direction and assurance that they are on the right course as it relates to moral values and ethical decisions. Let me offer you some thoughts to consider that may help keep your moral compass in alignment.

First, let me point out that the greatest threat to one's moral compass, is themselves because once a questionable act crosses the ethical barrier and challenges one's character, it can become an untolerated and potentially unforgivable act. However, we can put mechanisms in place to shape and change our individual conduct to affect our mindset to make positive decisions. It can start with having an attitude of taking personal moral accountability.

Understandably, people can't always control the situations they are in, nor the outcome of events they

are exposed to. Most of what we experience in life is beyond our control, but what we do have control over is our reaction to those events. (Epicurus)

A great example of someone taking responsibility for their moral actions was Benjamin Franklin. He created a system to develop his character known as his "Thirteen Virtues." He believed these qualities are essential to achieving a good life.

Allow me to offer you a few more thoughts to ponder and consider as you evaluate your moral compass heading:

- Strive to be a person of integrity whose moral direction inspires others.
- Chart a course to have and maintain good judgement.
- Leave a legacy that people would say you were sound in your moral behavior.
- Stay buoyed to your convictions of moral excellence and firm in your stand to treat everyone you meet with dignity and respect.
- Stay composed when tested with the possibility of losing self-control and discernment.
- Project confidence to the people around you, showing them you are in control of your actions.

It all comes down to a matter of choice, doesn't it? A choice that is repeated often enough becomes a habit; the habit forms a personality; a personality shapes a character; and a character determines a destiny. Remember, choice is something you own – you can't blame anyone but yourself for your choices. Simply doing good is not necessarily a moral virtue. What matters is the intent of your actions. If your intent is bad, then the morality of your action is not truly good.

Socrates was quoted as saying, "The unexamined life is not worth living." The greatest activity of our existence is a daily reflection on our moral thinking and conduct.

Everyone makes mistakes; however, those of moral character learn from their mistakes and make the necessary course directional change for self-improvement.

Keep referring to your moral compass daily to stay on course. By frequently calibrating our moral compass to be in alignment with our values, we can ensure our direction is true.

Capt. Phillip M. Sanchez, MSC, USN
Commanding Officer
Navy Medicine Professional Development Center

Bethesda Notebook

'Great American Spit Out'

Walter Reed National Military Medical Center is observing the Great American Spit Out today to urge people to stop dipping. A Great American Spit Out information table is set up on Main Street from 10 a.m. to 1 p.m. to offer tips to assist those who dip, to quit. Other information concerning nicotine hazards will be available at the table.

Leadership Academy

The next Leadership Academy at Walter Reed National Military Medical Center will be held Feb. 22-26 in Building 5, Heroes Zone, Room 4008/4009. The academy's mission is to provide a joint service leadership and management curriculum enhancing the professional knowledge, skills and abilities of current and future leaders in the Military Health System. Class size is limited to 40 and the registration deadline is Feb. 18. For more information or to register, visit <http://tinyurl.com/WRN-MMC-LSA-RBCT>.

Morning Prayer

Chaplain (Lt. Col.) Joseph Ko leads a morning prayer every weekday morning from 6:30 to 6:50 a.m. (except holidays) in the hospital chapel (Liberty Building 8, first floor). Everyone is invited to attend. The service is also shown on the medical center's closed circuit "Flag Channel" (Channel 14) in most patient rooms.

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NSAB Security Conducts Suspicious Package Drill

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

Reports of a suspicious package came over the scanner, which spurred Naval Support Activity Bethesda's (NSAB) watch commander to secure and clear an area around the Armed Forces Radiobiology Research Institute (AFRRI).

Master-at-Arms 2nd Class Zane Kentner, watch commander, was patrolling the installation in the watch commander vehicle when he heard the report. That led him to set up an incident command post in his vehicle so he could assess the situation and start sending other patrols to secure a perimeter around AFRRI.

Kentner directed his team through NSAB's security protocol in this given scenario, which is to take control of the area and wait for local law enforcement to come and defuse the explosive, said Master-at-Arms 1st Class Jonathan Cales, leading petty officer of NSAB's Security Training Department.

Two evaluators watched from Kentner's vehicle, noting how he instructed his team during the drill. This was the first time in several years that NSAB conducted a suspicious package training exercise.

"He did an awesome job; the evaluators that were here ... they said MA2 Kentner was 'impressive,'" Cales said.

The Feb. 10 scenario was one of several drills that NSAB Security went through during the two weeks of Solid Curtain-Citadel Shield 2016, an annual Navy-wide exercise that assesses law enforcement response in several different scenarios. There was an active-shooter drill at the Uniformed Services University of the Health Sciences campus Feb. 4 and other smaller daily drills, such as identifying false credentials.

These drills are good reminders of how to respond in certain situations and after each drill they go over any lessons learned, Cales said.

"A lot of it is stuff we already know, stuff we've already learned; it's just being able to tighten up and get back to those basics and those guidelines that are there," Cales said.



PHOTO BY ANDREW DAMSTEDT

Master-at-Arms 2nd Class Zane Kentner looks at a map as he assesses the situation during a suspicious package training exercise onboard Naval Support Activity Bethesda Feb. 10 during Solid Curtain-Citadel Shield 2016.

Kick Dip for a Day: 'Great American Spit Out'



Dipping doesn't make sense, either.

GREAT AMERICAN SPIT OUT

FEBRUARY 18, 2016



By **CAROLYN MESNAK**
WRNMMC Public Health
Educator

The 'Great American Spit Out' is being held today to encourage smokeless tobacco users to quit, and stay quit.

At Walter Reed National Military Medical Center (WRNMMC), Integrative Health and Wellness Services will have a table set up on Main Street to offer people information con-

cerning the dangers of smokeless tobacco and encouraging people to quit the habit. You can also join the Quit Tobacco program by going to its website: UCanQuit2.org.

Despite the serious health and dental problems that smokeless tobacco can cause — including mouth sores, gum decay, and oral cancer, the smokeless tobacco use rate among military personnel is high compared to the civilian

population. Recent surveys found that 12.8 percent of service members use smokeless tobacco compared to 3.6 percent of the U.S. adult population.

Not only does smokeless tobacco affect a user's dental health, it also affects athletic performance by raising pulse and blood pressure. According to the National Institutes of Health, keeping an average-size dip in the user's

mouth for 30 minutes provides as much nicotine as smoking three cigarettes. This leads to a strong chemical addiction and extra stress on the heart.

UCanQuit2.org has free resources and support tools to help service members and their families quit smokeless tobacco for good. Tobacco users can start learning more about their tobacco dependence and proven methods to quit by creating a customized quitting

plan at UCanQuit2.org/Ready-2Quit.

For more information and tobacco cessation assistance please contact WRNMMC's Integrative Health and Wellness Services, America Building, second floor Internal Medicine Department by calling 301-295-0105.

You can also connect with Quit Tobacco — (UCanQuit2.org) on Facebook, Twitter and Instagram.

Troop Command North Selects NCO, Soldier of the Year

By **BERNARD S. LITTLE**
WRNMMC Public Affairs
staff writer

Following months of study, testing and board reviews, two Soldiers at Walter Reed National Military Medical Center (WRNMMC) earned the Noncommissioned Officer (NCO) and Soldier of the Year for 2015 honors.

The U.S. Army Element, Troop Command North at WRNMMC named Sgt. Timothy McDonald of C Company and Spc. Mallory Haynes of Headquarters Company the NCO and Soldier of the Year for 2015 respectively, during a ceremony Feb. 11 in Memorial Auditorium at WRNMMC.

"Earning the NCO of the Year (NCOY) title has been humbling experience, but honestly, it is not about me; it is about the Soldiers and Sailors on my ward that I represent," said McDonald, noncommissioned officer-in-charge of 4 East, the Wounded Warrior Ward.

"We are a team on 4 East and earning the title of NCOY is a testament to the hard work that they all put in everyday to meet our mission," said the sergeant.

Haynes is an executive assistant at WRNMMC.

The candidates for Troop Com-

mand North's NCO and Soldier of the Year had to appear before company, Troop Command and quarter boards before competing for three days in areas including physical fitness, Army knowledge, road march, weapons qualification, day and night land navigation, and then facing an additional board chaired by the unit's senior NCOs.

Col. Richard S. Lindsay, commander of Troop Command North, said the Soldiers and NCOs spent "many months studying, training, working late into the nights and on the weekends to prepare for the competition.

"It's a lot, because they were also doing their full-time jobs and taking care of patients," Lindsay added. "Bottom line, they've gone above and beyond what normally is expected of a Soldier and what most of us are doing every day. They did it not because they were told to, but they did it because they wanted to do it. They wanted to get better."

"More important [than the recognition] is the fact [the candidates] did put the hours and extra effort in [to be better Soldiers]," Lindsay

See **SOLDIER OF THE YEAR**

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PHOTO BY BERNARD S. LITTLE

Sgt. Timothy McDonald of C Company and Spc. Mallory Haynes of Headquarters Company, U.S. Army Element, Troop Command North, Walter Reed National Military Medical Center, cut a cake celebrating their achievement of Noncommissioned Officer and Soldier of the Year 2015 following a ceremony at WRNMMC, Feb. 11.

WRNMMC Observes Ash Wednesday

*Archbishop for the
Military Services
Begins Lent at
Hospital*

By **BERNARD S. LITTLE**
WRNMMC Public
Affairs staff writer

Describing Lent as a "season of transformation and renewal," the Archbishop for the Military Services (AMS), USA, Timothy P. Broglio, led an Ash Wednesday Catholic mass at Walter Reed National Military Medical Center Feb. 10.

Pope John Paul II created the AMS in 1985. On November 19, 2007, Pope Benedict XVI appointed Broglio, then a priest of the Diocese of Cleveland,

as the AMS and he was formally installed on Jan. 25, 2008 at the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C.

The AMS, headquartered in D.C., provides pastoral and spiritual guidance to those serving in the U.S. Armed Forces or other federal services overseas. This includes more than 220 installations in 29 countries, patients in 153 Veterans Affairs medical centers, and federal employees serving outside the boundaries of the USA in 134 countries. According to Archdiocese officials, numerically, the AMS is responsible for more than 1.8 million men, women and children.

During this year's

Ash Wednesday mass at WRNMMC, Broglio explained the ashes for the service are from the burned palms of last year's Palm Sunday, and are used as a sign of change and renewal.

After blessing the ashes, Broglio and WRNMMC chaplains placed them on the foreheads of those in attendance in the shape of a cross, indicating "our mortality and invitation to draw closer to Christ, who is merciful, [through] prayer, fasting and almsgiving."

Broglio explained it's appropriate for him to begin Lent at WRNMMC, meeting with those who are facing challenges, those caring for them, comforting families and considering "that which is really

essential in our lives."

He encouraged people to observe Lent with charity and by assisting others. "A kind word to someone, a gesture to help a neighbor, an extra service, even beyond our usual duties, or even that precious gift of time to the lonely, abandoned or the overworked," are a few of the ways to bring Lenten spirituality to life, the archbishop explained.

WRNMMC's Department of Pastoral Care (DPC) remains committed to supporting the religious preference and spiritual needs of all patients, visitors and staff, DPC officials said. Chaplains make daily rounds on all inpatient units. They are available for spiritual care, pastoral counseling,



PHOTO BY BERNARD S. LITTLE

Archbishop for the Military Services, USA, Timothy P. Broglio places ashes on the forehead of a Sailor attending the Ash Wednesday Catholic mass at Walter Reed National Military Medical Center, Feb. 10.

prayer, sacraments and other rites. Pastoral and spiritual care are available for ambulatory and same-day surgical patients and all ambulatory care clinics. Pre-operative prayer and spiritual care are provided to surgical patients on the Short

Stay Unit and in the surgical holding area.

In addition to daily Catholic mass, Protestant, Hindu and Muslim services are offered. For more information concerning Pastoral Care services at WRNMMC, call 301-295-1510.

Troop Command North Inducts Soldiers into NCO Corps

By **SHARON RENEE TAYLOR**
WRNMMC Public Affairs

U.S. Army Element Troop Command North, Walter Reed National Military Medical Center (WRNMMC), inducted 17 Soldiers into the Noncommissioned Officers (NCO) Corps Feb. 5.

"Standing before you are the future leaders of the U.S. Army," said keynote speaker Army Command Sgt. Maj. David Rogers, senior enlisted advisor of the U.S. Army Medical Research and Materiel Command told the audience.

The time-honored Army tradition of inducting NCOs into the Corps dates to 1775 and distinguishes them from other enlisted Soldiers, according to Army Staff Sgt.

Vincent A. Sturup, Jr., the master of ceremonies.

Each Soldier inducted into the NCO Corps must demonstrate a desire and ability to lead as a noncommissioned officer at a level required by the Corps, which is considered the "backbone of the American Army," Sturup explained.

Recommended for promotion by a series of leaders, each of the new NCOs had to demonstrate potential for greater service to the nation, he added.

"More importantly, they have demonstrated a desire and ability to lead as non-commissioned officers at a level demanded by the NCO Corps," Sturup continued. The induction trails the Sol-

diers' acquisition of leadership skills, completion of a course as well as passing a board of senior NCOs who confirm their recommendations.

During the induction ceremony, Soldiers dressed in period uniforms performed a dramatic presentation of the "Soldier Request and NCO Response," during the induction ceremony. Also, NCOs representing each of the three U.S. Army Element Troop Command North companies lit a candle, symbolizing an important part of military history.

The red candle represented valor, blood, sweat and the tears of the Army from the Revolutionary War to the present. The white candle



PHOTO BY SHARON RENEE TAYLOR

U.S. Army Troop Command North inducted 17 Walter Reed National Military Medical Center Soldiers into the Noncommissioned Officers Corps, Feb 5.

signified purity and innocence as well as a peer spirit and camaraderie. The blue candle denotes perseverance and justice, along with the strength and mettle of the Corps, as well as the refusal to compromise on standards.

The ceremony not only celebrated the newly promoted

noncommissioned officers joining the ranks of a professional NCO Corps, emphasizing and building on the pride of the Corps, but it also honored the memory of those men and women of the corps who have served with pride and distinction, according its organizers.

NMCRS Class Teaches Baby Budgeting



PHOTO BY ANDREW DAMSTEDT

Denice Carmody (center), a Navy-Marine Corps Relief Society-Bethesda volunteer, teaches a Budget for Baby class onboard Naval Support Activity Bethesda, Feb. 10.

BY **ANDREW DAMSTEDT**
NSAB Public Affairs
staff writer

Diapers, formula, car seat, clothes, child care, toys, and the list of expenses parents face when adding a baby to their family keeps growing.

Then there's health care, education, food and other expenses that will increase with a new child. The U.S. Department of Agriculture estimates parents will spend \$245,000 in raising a child – and that doesn't include paying for college.

So, to help parents prepare for a new baby, the Navy Marine Corps Relief Society (NMCRS) Bethesda hosts a monthly class, Budget for Baby, to help parents learn how to plan for a baby's expenses. The class is open to all service members.

Budget for Baby shows parents how to reduce the impact of a new child and make them more aware of their financial situation, Denice Carmody, a NMCRS-Bethesda volunteer, told a recent class at Naval Support Activity Bethesda.

She said having a written budget helps people stay financially responsible. Each attendee was given a form that could be used as their new budget during the class.

"So when you know the exact numbers, it really helps you plan in advance," she said.

Also, she advised participants to go online and look up baby cost calculators to see how having a baby would affect their budget.

She showed class members how a baby impacted housing

and transportation costs; and told them to look into how their medical and food budgets would be impacted.

People shouldn't rush out and buy a new car or move to a bigger apartment/buy a house right when they find out they're expecting a child. Rather, she said to make the car work for as long as possible and to find housing needs that fit their situation.

Meal planning is another key element in sticking to a budget, she said, and advised them to limit how much they ate out.

"Also, it just helps knowing what you're going to have for dinner," Carmody said.

She said to shop ads, use coupons, look for used items and shop at consignment stores for some of the baby's needs.

"There is nothing wrong with used items," she said.

Also, she told them to shop around for auto insurance, cell phone and Internet bills to see whether a lower price could be found. She said they might be surprised with what they are offered.

Savings and an emergency fund are also essential elements to include in a budget, she said.

The biggest area in adjusting any budget is the miscellaneous expenses, she said.

Those include entertainment, personal care, charitable donations, sports and hobbies and other expenses.

Carmody, who has raised children of her own, said she didn't want to scare the participants about the expenses of raising a child, but just to help them plan ahead.

"Having children has been the most rewarding thing that I've done my whole life," she said.

Lauren Yuzon, NMCRS Bethesda relief services assistant, said the classes are usually limited to 10 families but that people can schedule an appointment for budgeting help as well. And for Navy families, a NMCRS visiting nurse usually gives a short presentation at the end of the class.

Ann Donohue, NMCRS visiting nurse and lactation consultant, said she is available for home visits to help new moms prepare for their new baby, and can meet with them on more than one occasion.

For more information about the class, call the NMCRS-Bethesda offices at 301-295-1207 or go to <http://www.nmcrs.org/pages/budgeting-for-a-baby>. The next classes scheduled in Bethesda are set for March 9, April 13, May 11 and June 8.

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continued. "It's helping them develop from individual Soldiers into leaders who can set the standard for their Soldiers," he added. "It develops their skill sets, individual competencies and confidence. They've grown tremendously in my mind for what they have gone through."

A native of North Carolina, McDonald, as the NCOIC of 4 East, is responsible for the day-to-day operations of the ward related to equipment maintenance, environment of care, and supply/logistical operations of the ward. "In addition, I am also directly responsible for mentoring and developing 12 enlisted Soldiers and Sailors as well as serving as an enlisted advisor to the [ward's] service chief."

He explained he decided to compete for the NCOY "as way to push [himself] beyond [his] comfort zone in an effort to become a better leader. The NCOY competition presented a unique set of challenges, but

the one aspect I found to be the most challenging was staying mentally focused," McDonald added. "There was not a lot of time in between events and you had to quickly shift your focus from what you had just done to the next task. You simply had to push forward and tackle each task as it was presented with no time for reflection."

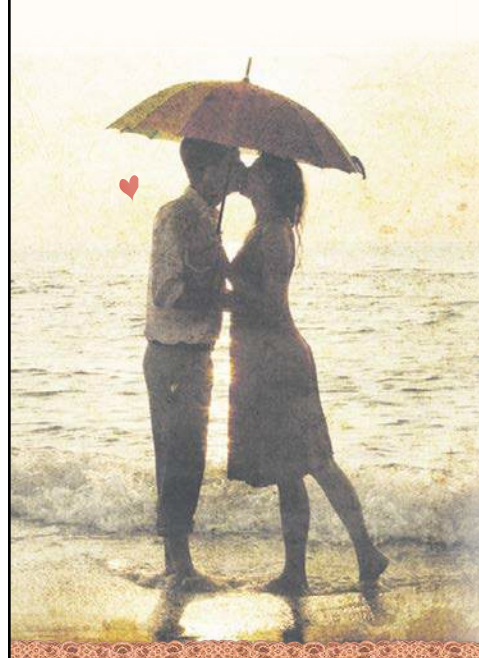
McDonald said his career goals include "continuing to lead and develop Soldiers, compete for the Sergeant Audie Murphy Board, and earn the title sergeant major."

Troop Command North's senior enlisted leader, Command Sgt. Maj. Gary Williams, echoed these sentiments while commending all of the candidates who vied for the titles of NCO and Soldier of the Year. He also encouraged the command's leaders to encourage their other Soldiers to compete in future competitions.

"These are great NCOs and Soldiers of our Command and they've shown that every step of the way," Williams said of those who competed for this year's titles. "We have more people out there who deserve [recognition]," he added. "The process [of the competition] makes them grow as leaders and Soldiers."

For more news from other bases around
the Washington, D.C. area,
visit www.dcmilitary.com.

cutest couple
PHOTO CONTEST



Visit bit.ly/serviceccc to enter the cutest photo of you and your loved one. Photo submissions begin February 5th. Vote for your favorite couple between February 14th and February 28th.

The cutest couple will be announced February 29th on the website and will receive a \$50 gift card!

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